



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 14034, Alcoholic beverage, creme de menthe, 72 proof

Report Date: May 24, 2017 00:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Beverages

Carbohydrate Factor: 3.9 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 33.6g	1 jigger 50g	1.5 fl oz 50g
Proximates							
Water	g	28.30	1	--	9.51	14.15	
Energy	kcal	371	--	--	125	186	
Energy	kJ	1552	--	--	521	776	
Protein	g	0.00	--	--	0.00	0.00	
Total lipid (fat)	g	0.30	1	--	0.10	0.15	
Ash	g	0.01	--	--	0.00	0.01	
Carbohydrate, by difference	g	41.60	--	--	13.98	20.80	
Fiber, total dietary	g	0.0	--	--	0.0	0.0	
Sugars, total	g	41.60	--	--	13.98	20.80	
Minerals							
Calcium, Ca	mg	0	1	--	0	0	
Iron, Fe	mg	0.07	1	--	0.02	0.04	
Magnesium, Mg	mg	0	1	--	0	0	
Phosphorus, P	mg	0	1	--	0	0	
Potassium, K	mg	0	1	--	0	0	
Sodium, Na	mg	5	1	--	2	2	
Zinc, Zn	mg	0.04	--	--	0.01	0.02	
Copper, Cu	mg	0.080	1	--	0.027	0.040	
Manganese, Mn	mg	0.040	1	--	0.013	0.020	
Selenium, Se	µg	0.4	--	--	0.1	0.2	
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 33.6g	1 jigger 50g	1.5 fl oz 50g
Thiamin	mg	0.000	--	--	0.000	0.000	0.000
Riboflavin	mg	0.000	--	--	0.000	0.000	0.000
Niacin	mg	0.003	1	--	0.001	0.002	
Pantothenic acid	mg	0.000	--	--	0.000	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000	0.000
Folate, total	µg	0	--	--	0	0	0
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	0	--	--	0	0	0
Folate, DFE	µg	0	--	--	0	0	0
Choline, total	mg	0.0	--	--	0.0	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.014	--	--	0.005	0.007	
4:0	g	0.000	--	--	0.000	0.000	
6:0	g	0.000	--	--	0.000	0.000	
8:0	g	0.000	--	--	0.000	0.000	
10:0	g	0.000	--	--	0.000	0.000	
12:0	g	0.000	--	--	0.000	0.000	
14:0	g	0.000	--	--	0.000	0.000	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 33.6g	1 jigger 50g	1.5 fl oz 50g
16:0	g	0.010	--	--	0.003	0.005	
18:0	g	0.003	--	--	0.001	0.002	
Fatty acids, total monounsaturated	g	0.015	--	--	0.005	0.007	
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	
18:1 undifferentiated	g	0.015	--	--	0.005	0.007	
20:1	g	0.000	--	--	0.000	0.000	
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	
Fatty acids, total polyunsaturated	g	0.167	--	--	0.056	0.083	
18:2 undifferentiated	g	0.058	--	--	0.019	0.029	
18:3 undifferentiated	g	0.109	--	--	0.037	0.054	
18:4	g	0.000	--	--	0.000	0.000	
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	
Cholesterol	mg	0	--	--	0	0	
Amino Acids							
Tryptophan	g	0.000	--	--	0.000	0.000	
Threonine	g	0.000	--	--	0.000	0.000	
Isoleucine	g	0.000	--	--	0.000	0.000	
Leucine	g	0.000	--	--	0.000	0.000	
Lysine	g	0.000	--	--	0.000	0.000	
Methionine	g	0.000	--	--	0.000	0.000	
Cystine	g	0.000	--	--	0.000	0.000	
Phenylalanine	g	0.000	--	--	0.000	0.000	
Tyrosine	g	0.000	--	--	0.000	0.000	
Valine	g	0.000	--	--	0.000	0.000	
Arginine	g	0.000	--	--	0.000	0.000	
Histidine	g	0.000	--	--	0.000	0.000	
Alanine	g	0.000	--	--	0.000	0.000	
Aspartic acid	g	0.000	--	--	0.000	0.000	
Glutamic acid	g	0.000	--	--	0.000	0.000	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 fl oz 33.6g	1 jigger 50g	1.5 fl oz 50g
Glycine	g	0.000	--	--	0.000	0.000	0.000
Proline	g	0.000	--	--	0.000	0.000	0.000
Serine	g	0.000	--	--	0.000	0.000	0.000
Other							
Alcohol, ethyl	g	29.8	1	--	10.0	14.9	
Caffeine	mg	0	--	--	0	0	
Theobromine	mg	0	--	--	0	0	